



Form 35 - Personal Habits Update

Data File: f35_ct_pub File Date: 07/18/2007 Structure: Multiple rows per participant Population: CT participants

Participant ID

Variable # 1

Usage Notes: none

Sas Name: ID

Categories: Study: Administration

Sas Label: Participant ID

Type: Continuous

F35 Days since randomization

Variable # 2

Usage Notes: none

Sas Name: F35DAYS

Categories: Study: Administration

Sas Label: F35 Days since randomization

Type: Continuous

F35 Visit type

Variable # 3

Usage Notes: none

Sas Name: F35VTYP

Categories: Study: Administration

Sas Label: Visit type

Type: Categorical

Values	
2	Semi-annual Visit
3	Annual Visit
4	Non Routine Visit

F35 Visit year

Visit year for which this form was collected.

Variable # 4

Usage Notes: none

Sas Name: F35VY

Categories: Study: Administration

Sas Label: Visit year

Type: Continuous

F35 Closest to visit within visit type and year

For forms entered with the same visit type and year, indicates the one closest to that visit's target date. Valid for forms entered with an annual or semi-annual visit type.

Variable # 5

Usage Notes: See data preparation document.

Sas Name: F35VCLO

Categories: Study: Administration

Sas Label: Closest to visit within visit type and year

Type: Categorical

Values	
0	No
1	Yes



WHI Follow-Up Dataset

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F35 Expected for visit

This form/data was expected for this visit. Form 35 (Personal Habits Update) was expected at Annual Visits 1, 3, 6, and 9 for all CT.

Variable #	6	Usage Notes:	none
Sas Name:	F35EXPC	Categories:	Study: Administration
Sas Label:	Expected for visit		
Type:	Categorical		

Values

0	No
1	Yes

F35 How often walk 10+ minutes

Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one.)

Variable #	7	Usage Notes:	none
Sas Name:	WALK	Categories:	Physical Activity
Sas Label:	Times walk for > 10 min		
Type:	Categorical		

Values

0	Rarely or never
1	1-3 times each month
2	1 time each week
3	2-3 times each week
4	4-6 times each week
5	7 or more times each week

F35 How long walk 10+ minutes

When you walk outside the home for more than 10 minutes without stopping, for how many minutes do you usually walk?

Variable #	8	Usage Notes:	Sub-question of F35 V1 Q1 " How often walk 10+ minutes" (skip pattern rule not applied).
Sas Name:	WALKMIN	Categories:	Physical Activity
Sas Label:	Duration of walks when >10 min		
Type:	Categorical		

Values

1	Less than 20 min.
2	20-39 min.
3	40-59 min.
4	1 hour or more

**Form 35 - Personal Habits Update****Data File:** f35_ct_pub**File Date:** 07/18/2007**Structure:** Multiple rows per participant**Population:** CT participants

F35 What is your usual walking speed

When you walk outside the home for more than 10 minutes without stopping, what is your usual speed?

Variable # 9**Usage Notes:** Sub-question of F35 V1 Q1 " How often walk 10+ minutes" (skip pattern rule not applied).**Sas Name:** WALKSPD**Categories:** Physical Activity**Sas Label:** Walking speed when walking for >10 min**Type:** Categorical**Values**

2	Casual strolling or walking
3	Average or normal
4	Fairly fast
5	Very fast
9	Don't know

F35 Strenuous exercise - how often

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.) For example aerobics, aerobic dancing, jogging, tennis, swimming laps

Variable # 10**Usage Notes:** none**Sas Name:** HRDEX**Categories:** Physical Activity**Sas Label:** Times per week of very hard exercise**Type:** Categorical**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

F35 Strenuous exercise - how long

How long do you usually exercise like this at one time? STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.) For example aerobics, aerobic dancing, jogging, tennis, swimming laps

Variable # 11**Usage Notes:** Sub-question of F35 V1 Q2.1 "Strenuous exercise - how often".**Sas Name:** HRDEXMIN**Categories:** Physical Activity**Sas Label:** Duration per time of very hard exercise**Type:** Categorical**Values**

1	Less than 20 min.
2	20-39 min.
3	40-59 min.
4	1 hour or more



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F35 Moderate exercise - how often

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular or folk dancing.

Variable # 12

Sas Name: MODEX

Sas Label: Times per week of moderate exercise

Type: Categorical

Usage Notes: none

Categories: Physical Activity

Values	
0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

F35 Moderate exercise - how long

How long to you usually exercise like this at one time? MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular or folk dancing.

Variable # 13

Sas Name: MODEXMIN

Sas Label: Duration per time of moderate exercise

Type: Categorical

Usage Notes: Sub-question of F35 V1 Q2.3 "Moderate exercise - how often".

Categories: Physical Activity

Values	
1	Less than 20 min.
2	20-39 min.
3	40-59 min.
4	1 hour or more

F35 Mild exercise - how often

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 14

Sas Name: MLDEX

Sas Label: Times per week of mild exercise

Type: Categorical

Usage Notes: none

Categories: Physical Activity

Values	
0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week



WHI Follow-Up Dataset

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F35 Mild exercise - how long

How long do you usually exercise like this at one time? MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 15

Sas Name: MLDEXMIN

Sas Label: Duration per time of mild exercise

Type: Categorical

Usage Notes: Sub-question of F35 V1 Q2.5 "Mild exercise - how often".

Categories: Physical Activity

Values

1	Less than 20 min.
2	20-39 min.
3	40-59 min.
4	1 hour or more

F35 Beer - frequency

In the last three months, how often, on average, did you drink beer?

Variable # 16

Sas Name: BEERFREQ

Sas Label: Beer - frequency

Type: Categorical

Usage Notes: none

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values

0	Never or less than once per month
1	1-3 per month
2	1 per week
3	2-4 per week
4	5-6 per week
5	1 per day
6	2-3 per day
7	4-5 per day
8	6+ per day

F35 Beer - serving size

In the last three months, what was your usual serving size of beer?

Variable # 17

Sas Name: BEERSERV

Sas Label: Beer - serving size

Type: Categorical

Usage Notes: none

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values

1	Small
2	Medium
3	Large



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F35 Wine - frequency

In the last three months, how often, on average, did you drink wine?

Variable # 18

Sas Name: WINEFREQ

Sas Label: Wine - frequency

Type: Categorical

Usage Notes: none

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values	
0	Never or less than once per month
1	1-3 per month
2	1 per week
3	2-4 per week
4	5-6 per week
5	1 per day
6	2-3 per day
7	4-5 per day
8	6+ per day

F35 Wine - serving size

In the last three months, what was your usual serving size of wine?

Variable # 19

Sas Name: WINESERV

Sas Label: Wine - serving size

Type: Categorical

Usage Notes: none

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values	
1	Small
2	Medium
3	Large

F35 Liquor - frequency

In the last three months, how often, on average, did you drink liquor?

Variable # 20

Sas Name: LIQRFREQ

Sas Label: Liquor - frequency

Type: Categorical

Usage Notes: none

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values	
0	Never or less than once per month
1	1-3 per month
2	1 per week
3	2-4 per week
4	5-6 per week
5	1 per day
6	2-3 per day
7	4-5 per day
8	6+ per day



WHI Follow-Up Dataset
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F35 Liquor - serving size

In the last three months, what was your usual serving size of liquor?

Variable #	21	Usage Notes:	none
Sas Name:	LIQRSERV	Categories:	Diet: Alcohol Lifestyle: Alcohol
Sas Label:	Liquor - serving size		
Type:	Categorical		
Values			
1	Small		
2	Medium		
3	Large		

F35 Do you smoke cigarettes now

Variable #	22	Usage Notes:	none
Sas Name:	SMOKNOW	Categories:	Lifestyle: Smoking
Sas Label:	Do you smoke cigarettes now		
Type:	Categorical		
Values			
0	No		
1	Yes		

F35 How many cigarettes per day

How many cigarettes do you usually smoke each day?

Variable #	23	Usage Notes:	Sub-question of F35 V1 Q4 "Do you smoke cigarettes now".
Sas Name:	CIGSDAY	Categories:	Lifestyle: Smoking
Sas Label:	How many cigarettes per day		
Type:	Categorical		
Values			
1	Less than 1		
2	1-4		
3	5-14		
4	15-24		
5	25-34		
6	35-44		
7	45 or more		

Recreational phys activity per week

Computed from Form 35, questions 1, 2.1, 2.3, and 2.5. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable #	24	Usage Notes:	none
Sas Name:	TEPIWK	Categories:	Computed Variables Physical Activity
Sas Label:	Recreational phys activity per week		
Type:	Continuous		



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Recr. phys activity per week >= 20 Min

Computed from Form 35, questions 1, 1.1, 2.1, 2.2, 2.3, 2.4, 2.5 and 2.6. Episodes per week of recreational physical activity of >=20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

Variable #	25	Usage Notes:	none
Sas Name:	LEPITOT	Categories:	Computed Variables Physical Activity
Sas Label:	Recr. phys activity per week >= 20 Min		
Type:	Continuous		

Mod. to strenuous phys activity per week

Computed from Form 35, questions 1.2, 2.1, and 2.3. Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable #	26	Usage Notes:	none
Sas Name:	MSEPIWK	Categories:	Computed Variables Physical Activity
Sas Label:	Mod. to strenuous phys activity per week		
Type:	Continuous		

Mod-stren activity > 20 min/week

Computed from Form 35, questions 1, 1.1, 1.2, 2.1, 2.2, 2.3 and 2.4. Episodes per week of moderate and strenuous recreational physical activity of >=20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable #	27	Usage Notes:	none
Sas Name:	XLMSEPI	Categories:	Computed Variables Physical Activity
Sas Label:	Mod-stren activity > 20 min/week		
Type:	Continuous		

Mod-stren activity >20 min/week (categorical)

Computed from Form 35, questions 1, 1.1, 1.2, 2.1, 2.2, 2.3, and 2.4. Categorical variable of episodes per week of moderate and strenuous recreational physical activity of >= 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity). Computed from XLMSEPI and TEPIWK.

Variable #	28	Usage Notes:	none
Sas Name:	LMSEPI	Categories:	Computed Variables Physical Activity
Sas Label:	Mod-stren activity >20 min/week (categ)		
Type:	Categorical		

Values	
1	No activity
2	Some activity of limited duration
3	2 - <4 episodes per week
4	4 episodes per week

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Strenuous activity episodes per week

Computed from Form 35, question 2.1. Episodes per week of strenuous recreational physical activity.

Variable # 29**Usage Notes:** none**Sas Name:** SEPIWK**Sas Label:** Strenuous activity episodes per week**Categories:** Computed Variables
Physical Activity**Type:** Categorical**Values**

0	0
1	1
2	2
3	3
4	4
6	5 or more

Minutes of recr. phys activity per week

Computed from Form 35, questions 1, 1.1, 2.1, 2.2, 2.3, 2.4, 2.5, and 2.6. Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 30**Usage Notes:** none**Sas Name:** TMINWK**Sas Label:** Minutes of recr. phys activity per week**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Minutes of mod-stren activity per week

Computed from Form 35, questions 1, 1.2, 2.1, and 2.3. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 31**Usage Notes:** none**Sas Name:** MSMINWK**Sas Label:** Minutes of mod-stren activity per week**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Minutes of stren. phys activity per week

Computed from Form 35, questions 2.1 and 2.2. Minutes per week of strenuous recreational physical activity).

Variable # 32**Usage Notes:** none**Sas Name:** SMINWK**Sas Label:** Minutes of stren. phys activity per week**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Total MET-hours per week

Computed from Form 35, questions 1, 1.1, 1.2, 2.1, 2.2, 2.3, 2.4, 2.5, and 2.6. Total MET-hours per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity in kcal/week/kg).

Variable # 33**Usage Notes:** none**Sas Name:** TEXPWK**Sas Label:** Total MET-hours per week**Categories:** Computed Variables
Physical Activity**Type:** Continuous

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MET-hours per week from walking

Computed from Form 35, questions 1, 1.1, and 1.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET-hours per week).

Variable # 34**Usage Notes:** none**Sas Name:** WALKEXP**Sas Label:** MET-hours per week from walking**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Energy expend from avg walking

Computed from Form 35, questions 1, 1.1 and 1.2. Energy expenditure from average walking (2-3 mph) in MET-hours per week. If question 1.2 (speed of walking) was marked as don't know or was missing, the speed was assumed to be 2-3 mph.

Variable # 35**Usage Notes:** none**Sas Name:** AVWKEXP**Sas Label:** Energy expend from avg walking**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Energy expend from walking fairly fast

Computed from Form 35, questions 1, 1.1 and 1.2. Energy expenditure from walking fairly fast (3-4 mph) in MET-hours per week.

Variable # 36**Usage Notes:** none**Sas Name:** FFWKEXP**Sas Label:** Energy expend from walking fairly fast**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Energy expend from walking very fast

Computed from Form 35, questions 1, 1.1, and 1.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

Variable # 37**Usage Notes:** none**Sas Name:** VFWKEXP**Sas Label:** Energy expend from walking very fast**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Energy expenditure from hard exercise

Computed from Form 35, questions 2.1 and 2.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in MET-hours per week.

Variable # 38**Usage Notes:** none**Sas Name:** HARDEXP**Sas Label:** Energy expenditure from hard exercise**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Energy expenditure from mod. exercise

Computed from Form 35, questions 2.3 and 2.4. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in MET-hours per week.

Variable # 39**Usage Notes:** none**Sas Name:** MODEXP**Sas Label:** Energy expend from moderate exercise**Categories:** Computed Variables
Physical Activity**Type:** Continuous



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Energy expenditure from mild exercise

Computed from Form 35, questions 2.5 and 2.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in MET-hours per week.

Variable #	40	Usage Notes:	none
Sas Name:	MILDEXP	Categories:	Computed Variables Physical Activity
Sas Label:	Energy expenditure from mild exercise		
Type:	Continuous		

Alcohol servings per week

Computed from Form 35, questions 3.1, 3.2, and 3.3. Number of servings per week of beer, wine and/or liquor based on a medium serving size which is 12oz of beer, 6oz of wine and 1½ oz of liquor. If all three variables are missing, set to missing.

Variable #	41	Usage Notes:	none
Sas Name:	ALCSWK	Categories:	Computed Variables Diet: Alcohol Lifestyle: Alcohol
Sas Label:	Alcohol servings per week		
Type:	Continuous		
